

ABSTRACT

Compositions and methods for using the same to restore dehydroepiandrosterone (DHEA) levels in humans are described. The compositions comprise magnesium chloride, a suitable solvent, a gelling agent and a glycerin. The compositions are administered to the skin of humans to enhance DHEA levels through the transdermal absorption of magnesium. The compositions can be administered in various forms, including as a lotion, an ointment, or as a bath additive.